

mental screaming performance

yell anything you want for as long as you want as loud as possible
through your mental mouth
(i.e. not aloud)

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tummy performance

buy something from one of the concession stands to eat while walking
around and really, really [visibly, emotionally & hungrily] enjoy it

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uncynical performance

while walking around, have a really great, inspiring, conversation
about art with someone

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artwalk performance no. 1

with each step that you take, keep track of whether you feel any closer
to or further from a more meaningful relationship with art

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artwalk performance no. 2

while walking, pretend that gravity and art are actually the same thing,
and that art is that pressure on your shoulders, pushing your soles into
the ground

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artwalk performance no. 3

while walking, pretend that the path you're walking and art are the
same thing, and that art is what is preventing you from falling down
into the ocean, a hole, or Hell

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artwalk performance no. 4

while walking, pretend that the air around you and art are the same
thing, and that the art pressure on your skin is the only thing
preventing you from exploding right now

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artwalk performance no. 5

while walking, pretend that every crack on the ground is art, and try
desperately not to step on them

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thankful to tears performance

with each step, be more and more and more thankful that you're here
now, able to experience this, realizing that not everyone is so lucky

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INVISIBLE PERFORMANCES

Adam Overton, January 2007

composed for Mark Allen and Machine Project
on the occasion of the ART LA Contemporary Art Fair
Santa Monica, California
25 - 28 January 2007

an invisible performance workshop will be held on
Friday, 26 January 2007, 2-3pm

Invisible Performances

Adam Overton, 2007

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in a crowded public space
perhaps a fair, festival or convention
invisible, genuine, non-creepy

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guardian angel performance

look for opportunities to help people in need: people who have fallen or dropped something, smokers who need a light, smokers who need a cigarette, people who seem lost, etc

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save the earth performance

while walking around, dispose of any trash you come across

.

modesty performance

walk around, but prevent yourself from glancing at anyone's breasts, crotch, or other features that might turn you on

.

inner beauty performance

walk around and look at the people you wouldn't normally think to look at and realize how amazingly beautiful they are

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breathing performance no. 1

enjoy breathing as you walk around

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breathing performance no. 2

try and notice other people around you breathing

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breathing performance no. 3

while walking around, occasionally hold your breath for as long as possible, realizing how near to the Sublime you actually are

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anti-alienation performance

make someone feel welcome, less awkward, and/or less alone by acknowledging them with a simple funny statement about the situation at hand or the weather

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flattery performance

compliment someone on something they deserve to be complimented on, and who wouldn't mind the gesture (i.e. don't be creepy and sexist; be nice for real). "wow, those are some really fabulous shoes!"

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child flattery performance

compliment someone's child on something

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hello performance (for D. Jean Hester)

say hello or nod to any passersby who make eye contact with you

.

yield performance

get out of someone's way and allow them to go ahead of you

.

you-look-so-familiar performance

if you see someone who looks like someone you know, or who looks like a celebrity, simply tell them something along the lines of "just thought you should know: you look an awful lot like a good friend of mine from..." (don't lie - only do this to people who actually look like someone you know)

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booth performance no. 1: "can you tell me a little bit about your organization?" performance

self-explanatory, be gracious and attentive, and be sure to formulate good questions to ask before you leave

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booth performance no. 2: take-some-material performance

go to a booth that is offering free materials and graciously accept, read, and save them

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booth performance no. 3: undergrad art project performance

at each booth, ask random passersby if they wouldn't mind taking your picture smiling and posing in front of the booth

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viral marketing performance

ask random passersby if they wouldn't mind taking a photo of you and your friend with your new camera

.

feelgood performance

stand tall with good, comfortable posture as you walk, smile, and laugh a lot

.

'oh yeah' performance no. 1

while walking, briefly remember the sun and the sky, and look up in disbelief

.

'oh yeah' performance no. 2 (for Michael Parker)

at some point, excitedly exclaim or whoop:
"OOHHHH YEAHHHH!"

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head song performance

while walking around, hum to yourself any music you remember hearing the last time you made love